

## Adult Dance Classes ♥

### Adult Ballet

Enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. This class is for students seeking an introduction to ballet or experienced dancers who just want to dance. Please note that students wanting to wear pointe shoes may do so at their own risk and at the discretion of the instructor.

**Harding Community Center: Recreation Hall**

**Instructor: Carlsbad Academy of Dance**

**Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57190	8:30-9:30am	Sa	Jun 1-Jul 6	6c	\$63/\$73
57191	8:30-9:30am	Sa	Jul 20-Aug 24	6c	\$63/\$73

**Stagecoach Community Center: Activity Room**

**Instructor: Carlsbad Academy of Dance**

**Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57192	6:00-7:00pm	Th	May 30-Jun 27	5c	\$53/\$63
57193	6:00-7:00pm	Th	Jul 18-Aug 22	6c	\$63/\$73

### Country Line Dance

#### NEW Beginning

Come on out and kick up your heels! Line dance to your favorite country and contemporary music. Choreography for beginning levels provides excellent health benefits by improving muscle strength, toning, increased flexibility and cardio fitness. Please wear suede/leather soled dance shoes. Drop in \$12.

**Stagecoach Community Center: Activity Room**

**Instructor: Vicki Kalin Deriso**

**Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57194	6:30-7:30pm	Tu	Jul 16-Aug 20	6c	\$54/\$64

#### Intermediate

Come on out and kick up your heels! Line dance to your favorite country and contemporary music. Choreography for intermediate levels provides excellent health benefits by improving muscle strength, toning, increased flexibility, and cardio fitness. Please wear suede/leather soled dance shoes. Drop in \$12.

**Stagecoach Community Center: Activity Room**

**Instructor: Vicki Kalin Deriso**

**Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57196	7:35-8:35pm	Tu	Jul 16-Aug 20	6c	\$57/\$67

### Cuban Salsa-Rueda de Casino

Come learn an international favorite! Cuban Salsa danced in a circle switching partners, also called 'Rueda de Casino.' This is a fun way to dance with everyone and learn some Spanish along the way. Similar to square dancing, this dance creates community spirit that keeps people coming back for more.

**Calavera Hills Community Center: Activity Room**

**Instructor: Maritza Baida**

**Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57197	7:30-8:30pm	M	Jul 8-Aug 19	7c	\$56/\$66

### Line Dance

#### Improver

Experienced dancers improve your skills! New dances will be taught regularly across varied music genres. Join us for fun and exercise and make new friends. Drop in \$10.

**Senior Center: Dance Studio**

**Instructor: Barbara Miranda**

**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57267	7:00-8:00pm	W	Jul 17-Aug 21	6c	\$37/\$47

#### Intermediate/Advanced

The experienced line dancer will learn new choreography from the international line dance community that spans various music genres. We will prepare for attending conventions and workshops as well. Join us for a good workout! Drop in \$10.

**Senior Center: Activity Room**

**Instructor: Barbara Miranda**

**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57206	5:00-7:00pm	W	Jul 17-Aug 21	6c	\$47/\$57

### Salsa & Cha Cha

#### Intermediate

Now that you've got the basic steps, let's get some more steamy moves and combinations in these two fun dances! We'll continue to work on the sassy smooth style and spend more time on the intricate arm work and lead/follow techniques. \$10 materials fee paid to teacher at first class

**Harding Community Center: Recreation Hall**

**Instructor: Christy Johnson**

**Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57208	8:00-9:00pm	W	Jul 17-Aug 21	6c	\$79/\$89

### Soul Line Dancing

#### Beginner

Join the hottest trend in Line Dancing! If you love R&B, Soul and Hip-Hop music and love to Line Dance, this is the perfect marriage of the two. We'll learn several very fun 2 wall, 4 wall and circle dances to some really soulful music. \$10 materials fee paid to teacher at first class

**Harding Community Center: Auditorium**

**Instructor: Christy Johnson**

**Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57210	7:30-8:30pm	M	Jun 3-Jul 1	5c	\$66/\$76

### Thriller Dance Workshop: Part I

Now you can get up at parties and do the Michael Jackson's Thriller Dance! These fun and simple Jazzy dance moves can be learned by anyone and be taken right on to the dance floor at parties, weddings and nightclubs. The choreography you will learn in this workshop is taken directly from and matches the full length video. Part I is the first section and has simpler movements and timing than Part II. A \$10 materials fee is due to the instructor at the first class.

**Harding Community Center: Auditorium**

**Instructor: Christy Johnson**

**Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57213	7:00-8:00pm	Tu	Jul 16-Aug 20	6c	\$79/\$89



## West Coast Swing

### Beginner

This smooth bluesy swing dance is the official dance of California! Christy provides a fun relaxed atmosphere where you can learn or review basic dance patterns focusing on rhythm, steps and combinations. It's great exercise and you will be swinging' in style. Singles are welcome; couples will not be separated. \$10 materials fee due to the instructor the first night.

### Harding Community Center: Recreation Hall

**Instructor: Christy Johnson**

**Age: 16Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57209	7:00-8:00pm	W	Jul 17-Aug 21	6c	\$79/\$89

## Youth Dance Classes ♥

Youth dance classes are continuous programs offered throughout the year. Classes that do not offer recital participation are indicated. Online registration is available for open registration classes.

Participation in recitals, exhibitions or competitions that may be offered by individual instructors is optional and considered outside of the dance programs offered by City of Carlsbad Park & Recreation. Additional fees or costs associated with participation in recital, exhibitions or competitions are not included in the course fees. For recital programming the final sessions prior to the performance are priority only and require registration in the previous sessions. These priority classes are not available for online registration.

## Princess Ballet: Non-recital

This magical class is for every little girl who dreams of becoming a princess! Using wands, wings, crowns, dress-up and more, they will be learning grace and poise and the fundamentals of ballet as they

become transformed into their favorite princess and learn dances from all their favorite songs!

### Calavera Hills Community Center: Activity Room

**Instructor: Carlsbad Academy of Dance**

**Age: 3Y - 6Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57240	10:45-11:30am	Tu	Jul 23-Aug 20	5c	\$39/\$49
57241	1:00-1:45pm	Th	Jul 25-Aug 22	5c	\$39/\$49

### Harding Community Center: Auditorium

**Instructor: Carlsbad Academy of Dance**

**Age: 3Y - 6Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57243	10:45-11:30am	Tu	May 28-Jun 18	4c	\$31/\$41

### Stagecoach Community Center: Activity Room

**Instructor: Carlsbad Academy of Dance**

**Age: 3Y - 6Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57242	1:00-1:45pm	Th	May 30-Jun 27	5c	\$39/\$49

## Princess Ballet/Tap: Non-recital

We will use a variety of props to enhance their imagination and enjoyment through two fundamental styles of dance. Each class your little girl will become the princess of her dreams! This is a great class for children who are getting ready to attend preschool for the first time.

### Harding Community Center: Auditorium

**Instructor: Carlsbad Academy of Dance**

**Age: 3Y - 6Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57244	10:00-10:45am	F	May 31-Jul 5	6c	\$47/\$57
57245	10:15-11:00am	F	Jul 19-Aug 23	6c	\$47/\$57

### Harding Community Center: Recreation Hall

**Instructor: Carlsbad Academy of Dance**

**Age: 3Y - 6Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57246	10:00-10:45am	Sa	Jun 1-Jul 6	6c	\$47/\$57
57387	10:00-10:45am	Sa	Jul 20-Aug 24	6c	\$47/\$57

## Ballet I

Dance fosters good posture, grace and musicality while encouraging creativity and self-confidence through movement. This beginning class fosters a love of dance. Classes consist of warm up, stretches and working at the barre. Dancers also perform exercises across the floor and in center.

### Harding Community Center: Auditorium

**Instructor: Linda Wilkerson**

**Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57214	2:15-3:00pm	Th	Jul 11-Aug 22	6c	\$48/\$58

### Harding Community Center: Auditorium

**Instructor: Linda Wilkerson**

**Age: 6Y - 14Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57215	3:00-4:00pm	Th	Jul 11-Aug 22	6c	\$48/\$58

## Ballet I-II

**Prerequisite:** One year of Ballet. This level helps little dancers grow by introducing new steps and emphasizing correct body mechanics. Good posture, grace and musicality are fostered. Dancers are exposed to ballet terminology and history. Basic barre exercises across the floor and in center. Exercises, games and dances reinforce coordination skills, musicality and a growing familiarity with ballet steps.

### Calavera Hills Community Center: Activity Room

**Instructor: Carlsbad Academy of Dance**

**Age: 4Y - 7Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57227	2:00-2:45pm	Th	Jul 25-Aug 22	5c	\$39/\$49

## Ballet II

**Prerequisite:** One year of Ballet I. Dancers are introduced to new steps and emphasize correct body mechanics. Good posture, grace, terminology and musicality are fostered. Each class consists of an instructor led warm up and stretch, a basic barre, exercises across the floor and in center.

### Calavera Hills Community Center: Activity Room

**Instructor: Carlsbad Academy of Dance**

**Age: 5Y - 10Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57229	3:30-4:20pm	Tu	Jul 23-Aug 20	5c	\$39/\$49

### Harding Community Center: Recreation Hall

**Instructor: Linda Wilkerson**

**Age: 7Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57230	4:00-5:00pm	Tu	Jul 9-Aug 20	6c	\$48/\$58

## Ballet II-IV

**Prerequisite:** Mastery of Ballet II curriculum. This level will focus on proper execution and technique. Class will consist of about 30 minutes at the barre followed by stretching. Dancers will participate at their individual levels.

### Stagecoach Community Center: Activity Room

**Instructor: Carlsbad Academy of Dance**

**Age: 9Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57231	5:00-6:00pm	M	Jul 15-Aug 19	6c	\$58/\$68

## Ballet III

**Prerequisite:** Mastery of Ballet II-III curriculum: clean double pirouette, 90 degree extension, strong center, demonstrated understanding of proper placement, proficient grasp of Ballet II-III steps and terminology. Students work on refining their personal understanding of proper technique and placement.

### Harding Community Center: Recreation Hall

**Instructor: Linda Wilkerson**

**Age: 8Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57232	4:00-5:30pm	Th	Jul 11-Aug 22	6c	\$60/\$70

## Ballet IV: Pre Pointe and Pointe

**Prerequisite:** Mastery of Ballet III-IV curriculum. Dancers build on previous ballet experience, and focus on fine tuning techniques and working on advanced combinations. Beginning pointe and preparation for pointe will also be emphasized.

### Harding Community Center: Recreation Hall

**Instructor: Linda Wilkerson**

**Age: 7Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57234	5:00-6:30pm	M	Jul 8-Aug 19	6c	\$60/\$70

### Stagecoach Community Center: Activity Room

**Instructor: Carlsbad Academy of Dance**

**Age: 9Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57236	4:30-5:30pm	Th	Jul 18-Aug 22	6c	\$54/\$64

### Stagecoach Community Center: Activity Room

**Instructor: Carlsbad Academy of Dance**

**Age: 12Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57235	6:00-6:55pm	M	Jul 15-Aug 19	6c	\$58/\$68

  
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## Ballet IV and Pointe

Dancers progress with current advanced ballet experience, and focus on fine tuning their technique. Combinations will be generally focused toward pointe. Ballet vocabulary will be revised. For those looking to start pointe, new shoes may be worn during class warm up.

**Harding Community Center: Recreation Hall**

**Instructor: Chris Laing**

**Age: 10Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57238	5:15-6:15pm	F	Jul 19-Aug 23	6c	\$53/\$63

## Jazz & Tap I

Music and movement encourages an appreciation of dance. Class consists of isolations, battements, and chasses. Dancers will learn to point and flex their toes, stretch, clap and keep in time with the music as well as shuffles, flaps, flap heels, toe taps, heel drops in all various combinations with the music.

**Harding Community Center: Auditorium**

**Instructor: Linda Wilkerson**

**Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57252	2:00-2:55pm	M	Jul 8-Aug 19	6c	\$48/\$58

**Harding Community Center: Auditorium**

**Instructor: Linda Wilkerson**

**Age: 6Y - 14Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57253	3:00-4:00pm	Tu	Jul 9-Aug 20	6c	\$48/\$58

## Jazz & Tap II

Advancement to this level will build on previous dance steps and begin to work on proper body mechanics and memory. Students will learn pirouettes, more advanced stretching, and grand jetes. Tap instruction will introduce more combinations and faster rhythms.

**Harding Community Center: Auditorium**

**Instructor: Linda Wilkerson**

**Age: 7Y - 13Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57254	2:55-3:55pm	M	Jul 8-Aug 19	6c	\$48/\$58

## Jazz & Tap III

In this class students spend two thirds of the class focused on jazz. Emphasis on strengthening and flexibility as well as advanced jumps and turns will be introduced. Large second jumps, axles, chaine turn combinations, battement combinations, tilts and leg lifts will be introduced.

**Harding Community Center: Auditorium**

**Instructor: Linda Wilkerson**

**Age: 9Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57386	5:00-6:00pm	Tu	Jul 9-Aug 20	6c	\$48/\$58

## Leaps & Turns

This Leaps and Turns class is a specialty class designed to teach proper technique for turns (chaines, pirouettes, piques, axles, etc.). We recommend this class be taken along with a student's regular dance class but not in place of their dance class. The instructor will also focus on technical execution of advanced turn sequences and leap combinations.

**Calavera Hills Community Center: Activity Room**

**Instructor: Carlsbad Academy of Dance**

**Age: 8Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57264	5:30-6:30pm	Tu	May 28-Jul 2	6c	\$54/\$64
57265	5:30-6:30pm	Tu	Jul 16-Aug 20	6c	\$54/\$64

## Lyrical I

This beginning class encourages a love of dance. Warm up stretches and across the floor and center exercises are covered. An understanding of ballet is preferred, but not required, as lyrical builds on ballet movement. Lyrical attire is similar to that of a ballet class and dance shoes are required.

**Harding Community Center: Recreation Hall**

**Instructor: Chris Laing**

**Age: 8Y - 14Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57255	4:00-5:00pm	F	May 31-Jul 5	6c	\$53/\$63
57256	4:00-5:00pm	F	Jul 19-Aug 23	5c	\$44/\$54

## Contemporary/Lyrical III-IV

Dancers will warm up, strengthen and stretch. This level focuses on lyrical combinations and progressions. Dancers will combine both ballet technique and various jazz styles, along with contemporary music.

**Harding Community Center: Recreation Hall**

**Instructor: Linda Wilkerson**

**Age: 8Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57261	4:00-5:00pm	M	Jul 8-Aug 19	6c	\$48/\$58

## Stretch and Strengthening: Dance Core Conditioning

This class will consist of various stretch exercises and strength building moves using stability balls, resistance bands, weights and more to sculpt all your major muscle groups. Class is designed to increase range of motion and to improve flexibility. Conditioning for dance improves your technique and performance in all dance forms by strengthening the body's core (abdominal and back muscles) while improving coordination, balance, turnout and flexibility.

**Calavera Hills Community Center: Activity Room**

**Instructor: Carlsbad Academy of Dance**

**Age: 6Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57262	4:30-5:30pm	Tu	May 28-Jul 2	6c	\$54/\$64
57263	4:30-5:30pm	Tu	Jul 16-Aug 20	6c	\$54/\$64

Please note: For some classes, a required prerequisite has been established for the safety of the participant as well as for the enjoyment of the class. The minimum skill sets for the required prerequisite are detailed in the class descriptions.